

COMMENTS

“Your research into the possibilities for growth and fulfillment of older women is indeed ground-breaking... no one who hears and interacts with you will ever forget you and your message.”

Helga Hayse

The Institute for Vital Aging, Woodside, CA

“Cecelia’s memoirs remind us that life doesn’t end at hardship, disappointment or, as many people think, middle age. Through Cecelia’s memoirs, the concept of aging may still have some wrinkles and sags, but it can be full of enthusiasm, excitement and vitality.”

Judith Adamson

Author, Editor

“One of the most inspirational women I’ve ever met. She is a model for all of us, a true pioneer. Cec not only shows us the high road to later life, she teaches us how to walk it. I’d follow her anywhere!”

Robert J. Kriegel, Ph.D.

Author of “If it Ain’t Broke Don’t Fix It”

“Hurwich’s memoir is exciting, illuminating, and frees us of our assumptions of old age. As she guides us through her life story, late life emerges as a time to look forward to, a time of adventure.”

Janet Leese, MSW

“Cec is a Great Old Broad for Wilderness, one of the dozens of good works she supports. Her optimism, energy, and eccentricity continuously carve us a path on the trail of growing up and growing old.”

Sara Alexander, M.F.C.C.

SAYING YES TO LIFE

“The challenges and changes of aging are not to be dismissed with false bravery. But they are to be faced with guts and determination to continue to embrace life and find meaning.

I believe in saying yes to life, and to me that means remaining open to new experiences, no matter how old I am. This is what keeps me feeling young and youthful. It feeds my excitement and wonder.

What has given my life meaning is my family, friends, work and travel; my passions for saving the health of the planet; writing, speaking and consulting on healthy aging; physical activity; the healing powers of nature and an openness to living in the present.”

—Cecelia Hurwich

Cecelia Hurwich, Ph.D.

Author of

Vitality in Aging



Researcher • Writer

Speaker

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“Life can grow richer and fuller for those in their 70s, 80s and 90s.”

Cecelia Hurwich, 91, is a woman who fully embodies the cause she so passionately advocates: ***Vitality in Aging***.

Few people in this world practice what they preach. But in the field of aging there is at least one extraordinary exception, a woman who states, “*We can deliberately create the conditions we need to maintain our health and well-being.*” She exercises regularly, has an active work schedule, guards her nutrition, enjoys friends of all ages, and stays spiritually healthy.

Her book, ***Vitality in Aging***, inspires women to look forward to the rewards of aging.

VITALITY IN AGING

Hurwich’s memoir, ***Vitality in Aging***, tells the story of her interesting and adventurous life. She spent her first 5 years in Harbin, China, speaking Mandarin and Russian as her first languages. She was raised in the San Francisco Bay Area during the Great Depression. A graduate of UC Berkeley, she served in the Navy as a Lieutenant during WWII.

In her early 40s, married with three children, the book relates how a transformative experience drastically altered the path of her life.

LEARNING THROUGH RESEARCH

In her 50s Hurwich began to face the prospect of old age. She responded by examining the lives of women who enjoy their later years. Her quest led her to graduate school at Antioch University West for her Masters Degree. She was awarded a Ph.D. at age 70 from the Center for Psychological Studies in Berkeley, California.

Her research, *Vital Women in Their 70s, 80s, and 90s: A 10-Year Longitudinal Study*, focuses on the unique benefits and rewards of aging. She discovered that older women who enjoy life share five key characteristics:

- 1) Experience life as meaningful
- 2) Optimism
- 3) Friends of all ages
- 4) Continue to grow
- 5) Remain physically active.

These findings are at the heart of the message she brings to readers of her book, ***Vitality in Aging***.

A MEANINGFUL LIFE

As Hurwich struggled in her 80s with challenges of aging and the loss of loved ones, it became clear that it was time to make a change by following the lessons she learned from the women in her studies.

Each woman had resisted the narrowing of her social world despite physical challenges. They focused instead on the activities they could still participate in that gave their lives meaning and pleasure.

CONTINUE TO GROW

“What is it that gives my life a sense of balance and wholeness? What are the passions that keep me going?”

Hurwich finds meaning by striving to leave the world a better place and inspiring others about the enriching experience of aging. Liberal politics, senior issues, health advocacy, and above all, preserving the environment have been the passions at the center of her activism.

THE CORE OF SPIRITUALITY

Spirituality and nature are closely connected to her life. She reflects, “*My sense of myself as a spiritual being, which I feel so keenly in the outdoors, ignited my political consciousness when I discovered that much of the natural world was being destroyed. I became, and continue to, be a dedicated environmentalist fighting for the health of the planet and health of individuals. Preserving the wilderness is, after all, self preservation.*”

Cecelia Hurwich, with the support of her loving partner, is living proof of her declaration, “*Life can grow richer and fuller for those in their 70s, 80s, and 90s.*”

Vitality in Aging brings hope and confidence to women of all ages.